

Name: _____

Month: _____

Upper Body

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Chest (9)

Exercise / Muscle G.	Upper Chest		Mid Chest		Lower Chest	
Chest Press – Horizontal/Diagonal (Plate, DB, BB)	Incline (Wide / Close)		Flat (Wide / Close)		Decline (Wide / Close)	
Chest Fly / Pullover						
Dip	Planche (Wide / Close)		Front (Wide / Close)		Side (Wide / Close)	

Shoulders (9)

Exercise / Muscle G.	Front (Anterior) / Rear (Posterior)		Lateral (Side)	
Shoulder Press – Vertic. (Plate, DB, BB)	Front / Arnold		Side / Military / Handstand	
Lateral Raise	Lateral Side Front Cross		Side	
Frontal Raise	Medial Side Front Cross / Front			
Rear Raise	Leaning Front / Back Kickbacks		Side Flyes	
Rotator Cuff Rotations	Medial Rotation		Lateral Rotation	

Back (Traps, Lats & Rhomboids) (14)

Exercise / Muscle G.	Upper Back		Mid Back		Low Back	
Row – Hori./Diag. (Plate, DB, BB)	High (Wide / Close)		Front (Wide / Close)		Low (Wide / Close)	
Lat Pull – Vertical	Side (Wide)		Front (Close)			
Shoulder Shrugs	Low (Wide / Close)		Front (Wide / Close)		High (Wide / Close)	
Upward Row / Facepulls						
Lat Pushdown			Side		Front (Wide / Close)	
Neck Tucks / Raises****	Side / Front / Back					

****Mainly Sides / Front / Back of Neck **Note:** FP / UR Limited with grip by the way of exercise method

Arms (Elbows) / Wrists (9)

Exercise / Position	Seated / Lying		Seated / Standing		Forward / Behind	
Biceps Curls	Incline Lying Side Arms		Stand / Seated Side Arms		Stand / Sit Forward Arms	
Triceps Extensions	Flat / Incline Lying OH		Stand / Seated OH Arms		Stand / Seated Bent Over	
Wrist Curls / Grip	Prone		Supine		Neutral	

Note: Single vs. Dual Hand Use is also a great consideration as single use engages core stability and requirement of practice in maintenance of proper posture / alignment more.

Hand orientation (**Prone, Supine, Neutral**) is possible with most exercises in upper, with exceptions like Planches

Also not listed are some added intricacies: -Isometric Holds -Slow Tempo -Contraction Emphasis -Crossover+angles

Lower Body

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Legs, Hips / Knees (Compounds) (8)

Exercise / Position	Close (Outer)		Mid (Shoulder Width)		Wide (Inner)	
Squat – Push	Sissy Squat / Lunges		Conventional / Single		Sumo	
Deadlift – Pull *	Stiff Deadlift					
Pelvic Lift – Push	Kickback Glute Press					

Legs, Knees (Isolated) (6)

Exercise / Position	Seated		Standing Bent		Standing Straight (Core)	
Leg Extensions	Seated Knee Ext.		Standing Knee Ext.		Standing Str. Leg Ext.	
Leg Curls	Seated/Prone Knee Curl		Standing Knee Curl		Standing Str. Leg Curl	

Legs, Hips (Isolated) (6)

Exercise / Position	Seated		Standing Straight @ Knee		Standing Straight @ Ankle	
Hip Adduction	Seated @ Hip / Knee		Standing Hip Emphasis		Standing Knee Emphasis	
Hip Abduction						

Legs, Ankles (Isolated) (6)

Exercise / Position	Seated		Standing Stationary		Standing Moving	
Calve Raises	Seated		Standing		Running (Gaiting)	
Toe Raises					Dancing (Raising)	

Core Body (Rectus/Transverse Abdominis, External/Internal Obliques) (17)

Exercise / Position	Side		Front (Prone)		Back (Supine) *	
Plank / Side Planks	Side / Rotate		Front		Reverse (Supine)	
Crunches (Upper Bend)					Prone Back Ext.	
Leg Raises (Low Bend)					Prone Leg Raises	
Hollow Body / V-Up					Super(wo)mans	
Side Bending	Pull		Push			
Torso Rotations	Pull (Chop) Rotate (High / Mid / Low)		Hold (Balance) Rotate (OH / Mid / To Toes)		Low Body Rotation	

* = Low back usage emphasis; Also utilizing low back in some upper body exercises, such as barbell row, rear delt flies, leaning shrugs and triceps kickbacks

Note: Can include dynamic work / multi-movement (cross-fit idea) emphasis into almost every exercise on both pages